GREAT OUTDOORS
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ECKHART GOES ALL OUT FOR ROLE AS MARINE {page 10}

FIRED
SHEEN SACKED FROM TWO AND A HALF MEN {page 11}

VANCOUVER metro®

Tuesday, March 8, 2011
www.metronews.ca

News worth sharing.

Slickity Jim's back from ruins

Iconic Main Street diner set to return ◐ Damage to old building necessitated new location ◐ Owner moved by community support and goodwill

MATT KIELTYKA/METRO

▶ The new and improved Slickity Jim's Chat and Chew will be open for business this week, more than a year after owner Mike Zalman lost everything in a devastating fire on Main Street.

Mike Zalman thought he had lost everything in November 2009.

On a chilly morning, a massive fire gutted his beloved restaurant, Slickity Jim's Chat and Chew, and three other businesses on Main and Broadway.

The grief rippled through the Mount Pleasant community as the most unique breakfast joint in the city was no more.

But all will be made whole again Friday when Zalman reopens the iconic eatery at a new location: 3469 Main St.

"The restaurant has been an integral part of Main Street, and we're not going to stop because of a little fire," Zalman said. "I love the new spot, I like being here. The decor is still me, but it's a different restaurant in a lot of ways."

The building is much more conducive to a diner, and Jim's now sports a licensed bar and dinner menu. ● MATT KIELTYKA

Special feature

Women's uphill fight not over yet

◐ On the 100th anniversary of International Women's Day, Metro looks at how far we've come and how far we've left to go for equality {pages 3, 12, 15}

This is the real deal

Lunch Rush reviews Nicli Antica and its tasty Margherita pizza {page 14}

Kate Middleton, a life in photos

Royals release childhood pics as part of PR blitz {page 6}

Smarter spending

New rules may help ease sting of credit card bills {page 20}

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- One hundred years ago today, the first International Women's Day was celebrated to recognize the achievements of women
- Today it's used as a platform to celebrate how far we've come toward gender equality and highlight the distance we still need to go
- This year's theme is Equal Access to Education, Training and Science: Pathway to Decent Work for Women

Carving her niche in science

When Dr. Maria Issa first began her studies at the University of B.C. in the late 1960s, she was one of only a handful of other women studying science.

Today she is a professor in the department of pathology and laboratory medicine at UBC and, by carving a niche in an industry once dominated by men, paved the way for the next generation of female scientists.

"There are amazing young women … graduating with degrees in science and they don't realize this was not (common) when I was in school," said Issa.

But breaking into a science career wasn't easy, and a lot of women — herself included — have felt obliged to put their work on hold to have babies.

"It really slows down a woman's career path," Issa said. "We perceive women as moms and we forget that they have an economic power."

KRISTEN THOMPSON

The XX factor for budding scientists

Some of the brightest minds in the world of science, engineering and technology are descending on Science World tonight for a girls-only party set to inspire the next generation of female scientists.

XX Evening, in its 11th year, lets young women networking with career women in science get advice and mentorship.

"The crux of it is knowing what's out there," said Anna Sutkas, president of the Society for Canadian Women in Science and Technology (SCWIST), which is co-hosting the event.

Women account for about 50 per cent of university enrolments, but those numbers don't translate into the workforce, especially in leadership positions, Sutkas said.

KRISTEN THOMPSON

MARTIN DEE/UBC

▶ UBC law professor Margot Young.

Women's pay inequality hurts children: Professor

- Women employed full-time earned 71 cents for each dollar earned by men: Statistics Canada
- Part of gap due to fact women work fewer hours

KRISTEN THOMPSON
@METRONEWS.CA

A lack of opportunities for female leadership in the workforce and in politics is forcing women's issues — like pay inequity and lack of child care — into the shadows and keeping low-income women and their children poor, according to a University of B.C. law professor.

"We (still) don't have pay equity and (consequently) we have one of the highest rates of child poverty because those children's mothers are poor," said Margot Young, associate professor of law at UBC with a speciality in equality rights and women's economic equality.

She said without political will, nothing will change for the better.

"We have to make it (affordable) to be a primary caregiver and a paid labourer," Young said.

"A provincial government that sat down and reinstated a ministry of women's equality would be a big step, (as would) a coherent poverty strategy."

She added women are a "tremendous resource" that are underused, and flexible workplace policies and access to universal, affordable health care would help us take advantage of the resources they offer.

"We'd be a healthier and happier society without the discrimination that we currently have," Young said.

International Women's Day

Suffrage

The Women's Suffrage Movement in Canada:

- **1918** Some women win right to vote.
- **1928** Canada's first female athletes join Olympic team.
- **1929** Women ruled to be "persons"; first woman sits in Senate.
- **1951** Ontario enacts Canada's first equal-pay legislation.
- **1974** RCMP hires first woman member.
- **1982** Equality of the sexes included in Charter of Rights and Freedoms.

Bias and barriers

According to Beyond Bias and Barriers: Fulfilling the Potential of Women in Academic Science and Engineering, published in 2006:

- With each step up the academic ladder, the representation of women in science and engineering drops.
- Most people are less likely to hire a woman than a man with identical qualifications.

1 news

News on the move

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Allan Small on why it's still too early to get overly worried about oil. More at metronews.ca/investing

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A father describes the emotional toll of raising a premature baby. Scan the code for the story.

News in brief

BCCLA challenges solitary confinement

ROBBERY. Bobby Lee Worm, 24, a first-time offender who was sentenced to six years for robbery, has spent much of her time in solitary confinement since 2008. The BCCLA has launched legal action against the Attorney General of Canada on behalf of Worm, challenging what it deems to be abusive, inhuman — and ultimately unconstitutional — treatment of women prisoners.

NATALIE KAUR JOHAL

For more on this story, visit metronews.ca/vancouver

Car crashes into house

ARGUMENT. A 19-year-old man is in hot water after allegedly crashing a car into his family's house following an argument. The suspect left the residence, and police say officers followed him as he drove erratically, then returned to home and drove into a closed garage door. No one was injured. METRO

Axe-wielding man breaks in door

'BIZARRE.' RCMP say they're trying to piece together a "bizarre incident" in which an axe-wielding man kicked in the door of a Nanaimo home. METRO

B.C. election could be this year: Clark

EARLY. B.C.'s premier-designate won't rule out an early election after the June 24 referendum on the harmonized sales tax. Christy Clark has said an election is months and months away, but said she hasn't made up her mind about going to the polls this year. METRO

Transit art will make ride better: TransLink

Public transit system may become largest art gallery in the region, says TransLink's Brian Mills Panel images chosen on 'artistic excellence'

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

A new transit art project showcasing works from Emily Carr students was officially opened to the public yesterday.

Art in Transit features 31 works from 18 visual artists. The images will be displayed on more than 700 interior advertising panels on SkyTrains and buses throughout the Lower Mainland over the next two years.

"This is an opportunity to place these artists' creative works in the places where thousands of transit customers can see them each day," said Brian Mills, TransLink director for service and infrastructure planning.

Mills said the project's goal is to "turn infrastructure into amenity" by improving the day-to-day travels of customers.

It also aims to help young artists.

"It's a very fantastic opportunity for getting my work out," said Mark Illing, one of the participating students. "Part of the struggle is not just making your work but getting it out there."

PHYLICIA TORREVILLAS/FOR METRO

▶ Thirty-one works from 18 Emily Carr students will be put up in SkyTrains and buses throughout the Lower Mainland.

Each artist received a $200 honorarium. In 2010, TransLink and Emily Carr partnered for Between Spaces, a selection of visual artworks installed within Burrard Station.

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Scott Gramm, Business Development Manager
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The herons are back in Stanley Park

Herons have made their way back to Stanley Park for the 11th consecutive year.

Patricia Thomson, executive director of the Stanley Park Ecology Society, said that the herons only come here for breeding and will leave mid-summer.

Herons have been noted for nesting in Stanley Park since the 1920's. They've been known to migrate from one part of the park to another. They are currently located in the trees above the park board's administrative offices and the tennis courts.

Herons are considered a species at risk because they don't migrate.

"Year-round they are dependent on the habitat here so if we lose that, they are at risk because of habitat loss," said Thomson.

JOHN E

▶ A Great Blue Heron in Vancouver.

So far, 11 herons have been counted. The number is expected to expand within the next few days.

The Stanley Park Ecology Society and the park board put up barriers on the nest trees in order to prevent predators from attacking the herons. They urge people to keep their dogs on a leash to prevent disturbances to the nesting area.

MEAGAN GILL

Suspects sought in hit-and-run

Police are asking for the public's help to identify suspects after a 60-year-old Surrey man was run over by thieves who were stealing his car on Sunday.

The vehicle, a black Acura MDX, was recovered nearby.

Police believe the individuals involved could be connected to the theft of a red Ford Windstar van, stolen in the same vicinity two days earlier. "Prolific car thieves, if they have had one success in one area, will likely return to the same area," said RCMP Cpl. Drew Grainger in a release.

The van has a distinctive "Happy Cleaning" logo on the driver's-side window.

NATALIE KAUR JOHAL

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- Pine Centre

QUESNEL
- 259 Reid St.

VERNON
- Village Green Mall

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CRISIS IN LIBYA

Gadhafi hits from above

Repeated airstrikes by Libyan warplanes yesterday illustrated the edge Moammar Gadhafi holds in his fight against rebel forces marching toward the capital: He controls the air.

After pleading from the uprising's leaders, Britain and France began drafting a UN resolution for a no-fly zone in Libya that could balance the scales.

Libyan warplanes launched multiple airstrikes yesterday on opposition fighters regrouping at the oil port of Ras Lanouf on the Mediterranean coast, a day after they were driven back by a heavy government counteroffensive aimed at stopping the rebel drive toward Tripoli, Gadhafi's stronghold.

The rebels can take on "the rockets and the tanks, but not Gadhafi's air force," said Ali Suleiman, a rebel fighter. "We don't want a foreign military intervention, but we do want a no-fly zone."

Over the weekend, Gadhafi's forces unleashed their strongest use of airpower yet in the nearly three-week-old uprising.

THE ASSOCIATED PRESS

Rae calls for rebel talks

Liberal MP Bob Rae says the Conservative government should be talking to Libyan rebels who are fighting Moammar Gadhafi.

The National Libyan Council has now positioned itself as the political branch of the anti-Gadhafi forces.

Rae is also calling for closer Canadian ties with the Arab League and the African Union.

THE CANADIAN PRESS

Green party launches attack on attack ads

Campaign encourages Canadians to reject negative political advertising Commercials airing this week

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Green party Leader Elizabeth May, right, looks on as her deputy leader, Adriane Carr, unveils their attack ads.

The Green party is going on the attack — against attack ads.

Party Leader Elizabeth May has unveiled a 30-second spot that spoofs political attack ads, complete with a militaristic drum roll and ominous voice-over.

"Tired of the name-calling? Smear campaigns? Mudslinging? Are you disgusted with the state of Canadian politics?" the narrator intones. "This does not represent our Canada. It doesn't have to be like this."

May told a news conference yesterday that the ad is meant to encourage people to reject negative political advertising.

"We do not have to accept a contaminated, vitriolic, rabidly partisan, unpleasant political culture," she said. "It is not part of democracy."

The Greens are spending less than $10,000 to run the ad on CBC, CTV and TVA. It will air three times this week, though May didn't rule out a longer run.

The party has also launched a social media campaign on Facebook and Twitter.

THE CANADIAN PRESS

On the attack

Green party Leader Elizabeth May acknowledges the send-up isn't meant to sway Canadians to vote Green.

- She said the party felt compelled to push back against negative ads after a recent round of Conservative attacks on Liberal Leader Michael Ignatieff.
- Those since-yanked ads prompted a torrent of criticism.

Family pics show Kate over time

It's impossible not to like the new childhood pictures of Kate Middleton — and that's just how Buckingham Palace wants it.

Whether she is frolicking outdoors at age three, flashing a winning smile at five, or hugging a jubilant boyfriend — Prince William — on their joint graduation day, Britain's future queen is an irresistible lassie.

It's part of a sophisticated effort by the royal family to generate favourable coverage about the big event — and experts say so far it's working.

"The royals don't always get it right to start with," said royal historian Hugo Vickers. "They tend to be either behind the curve or ahead of it, but at the moment I think they're getting it absolutely right."

Yesterday's release of photos and information is designed to make Middleton's storybook life seem more accessible, but it is not damage control.

Middleton's image does not need repair. She is already popular — her recent appearances with William have been quite successful, and she has shown an easy touch when relating to the public.

The photos released yesterday from the Middleton family album simply show a picture-perfect princess in the making: A pigtailed toddler, a smiling child, a family vacation shot and a healthy, wholesome beauty graduating from the University of St. Andrews in Scotland.

The palace photo package also included an official Middleton mini-biography laced with deep insights into the woman-who-would-be-queen, including that she likes to sail and enjoys going for walks.

The royals' newly minted wedding site has already attracted nearly two million hits since it launched last week. Palace press aides know the Middleton photos will be used again and again in the run-up to the wedding — and for years to come.

THE ASSOCIATED PRESS

THE MIDDLETON FAMILY/THE ASSOCIATED PRESS

Images released yesterday by the Middleton family: 1. Kate Middleton, aged four, on left with her father and sister Pippa in Jerash, Jordan. 2. Kate Middleton at age five. 3. Kate Middleton, aged three and a half, on holiday in England's Lake District. 4. Kate Middleton after her graduation from the University of St. Andrews in Scotland. 5. Prince William and Kate Middleton pose together after their graduation from the University of St. Andrews on June 23, 2005.

TIES TO SEX OFFENDER

Fergie and prince under fire

Prince Andrew and his ex-wife, Sarah Ferguson, were in the spotlight yesterday for their ties to a wealthy U.S. sex offender — he for being pictured with an underage masseuse at the man's home and she for accepting money from the American to help pay off her massive debts.

Sarah, Duchess of York, confirmed that she did receive financial help from convicted U.S. sex offender Jeffrey Epstein. But she claims to have known nothing about his background and vowed to repay the £15,000 ($24,500 US) he advanced to settle a debt to her former personal assistant, Johnny O'Sullivan.

"I am just so contrite I cannot say," she was quoted as saying. "Whenever I can I will repay the money and will have nothing ever to do with Jeffrey Epstein ever again."

▶ Sarah Ferguson

Ferguson said she had made "a terrible, terrible error of judgment" in accepting help from Epstein, though she said she had no direct contact with him. The payment was handled through Prince Andrew's office, she said. There was no immediate comment from Andrew's office.

Over the weekend, British newspapers carried photographs of Andrew with his arm around a young woman who now claims to be one of Epstein's underage victims. There has been no suggestion, however, that Andrew was involved in inappropriate relationships with underage women.

Epstein pleaded guilty in 2008 to two prostitution offences in Florida, and was sentenced to 18 months in prison and a further year under house arrest. Prosecutors said Epstein paid several girls younger than 18 for naked massages that sometimes became sexual encounters.

THE ASSOCIATED PRESS

SEVEN HABITS OF THE HOPELESSLY SINGLE

She says ...

JESSICA NAPIER

At first it was fun being the token single pal, recounting your hilarious dating adventures for your boring coupled-up friends.

But after a while the drama gets tiring and now that everybody is settling down you're starting to wonder — why am I still single?

Now you're one more disastrous date away from retiring your heels and giving up for good. But before you slip into a bathrobe and adopt a family of stray cats, think about what you might be doing to inadvertently sabotage your love life.

You jump into bed right away: Sexual chemistry is an important part of any relationship, but doing the deed too soon doesn't give you a chance to learn each other's last names let alone your hopes and dreams. If you're looking for a relationship that extends beyond the bedroom, try getting to know each other before getting undressed.

You're still in love with your ex: Stop comparing everyone to "the one that got away" and remember: it didn't work out for a reason. Delete phone numbers, cease all e-stalking activity and move on.

You're too nice: Being perpetually agreeable is both boring and a major turn-off. Dial back your desperation for approval and don't be afraid to be opinionated.

"If your opinion of last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date."

Your routine has left you in a rut: Every day you take the same bus to the same office and then have drinks with the same friends at the same bar and then go home to the same bed ... alone. Do you see where I'm going with this?

You're a stage-five clinger: Is playing it cool a foreign concept to you? If you follow up a first date with a phone call, a text message, an email, another phone call and an enthusiastic Facebook status update, you're probably scaring away potential suitors.

You're really into reality TV: Or postmodern feminist literature or Farmville. A unique passion makes you interesting; it can also mean you have a one-dimensional personality. If your opinion of last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date.

You're shallow: High standards are fine; a long checklist of unrealistic expectations is outrageous. Focusing on the superficial not only makes you a jerk, it means you'll miss out on a potential romance just because he or she isn't tall enough, blond enough, rich, etc. Remember: no one is perfect. Not even you.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Are we meant to wander?

Worth Mentioning

Our ancestors' Farmville

STR/AFP/GETTY IMAGES

Thousands of years ago, our ancestors gave up foraging for food and took up farming, one of the most important and debated decisions in history.

Was farming more efficient than foraging? Did the easily hunted animals die out? Did the environment change?

A new study by Samuel Bowles of the Santa Fe Institute in New Mexico argues that early farming was not more productive than foraging, but people took it up for social and demographic reasons.

In yesterday's edition of Proceedings of the National Academy of Sciences, Bowles analyzed what it would take to farm under primitive conditions. He concluded farming produced only about three-fifths of the food gained from foraging.

But, Bowles notes, farming became the most common way of living between 10,000 and 5,000 years ago because of its contribution to population growth and military power.

Without the need for constant movement, child-rearing would have been easier and safer, leading to a population increase, Bowles said.

Brian Fagan, a professor emeritus of archaeology at the University of California, Santa Barbara, called Bowles' ideas "provocative and fascinating." THE ASSOCIATED PRESS

Is Charlie Sheen acting like this for publicity?

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Metro Minute with Celestial Bloom

The John Casablanca Institute presents Celestial Bloom tonight, a fashion show where outer space meets flower power.

There will be contests and cocktails will be served.

Net proceeds will go to the Looking Glass Foundation, which helps women who are suffering from eating disorders.

The event begins at 6:30 p.m. at Performance Works (1218 Cartwright St., Granville Island).

Tickets are $20 at the John Casablanca Institute (220 Cambie St.) or $25 at the door.

For more information, visit John Casablanca's Institute blog: jcinstitute.com/blog/.

MEAGAN GILL

CONTRIBUTED

▶ A photo from the John Casablanca Institute.

Volatile oil drives dollar down

The Canadian dollar closed lower against the U.S. currency yesterday as oil prices remained volatile and nervous investors looked for safety in gold.

Crude prices briefly jumped above $106 US a barrel before settling as fighting in Libya intensified over the weekend, raising fears that the conflict won't be over anytime soon.

"Oil is an important driver for the Canadian dollar," said Camilla Sutton, chief currency strategist at Scotia Capital. "Oil currently holds the tightest correlation with the currency. Interest-rate spreads, equities, the euro, Australian dollar and risk aversion are all important, but still lagging oil."

Meanwhile, world stock markets slid yesterday, pressured by worries that global economic growth will slow as oil prices climb.

Because serious disruptions in oil production could put the global economic recovery in jeopardy, traders are closely watching Libya, where civil war has cut production in half.

The European debt crisis was also in focus yesterday, after Moody's Investor Services slashed Greece's rating by three notches and said the country may have to restructure despite a $154-billion bailout last May.

THE CANADIAN PRESS

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Housing slowdown expected to continue

The number of new homes this year will decline to about 170,000 from last year's 192,000: CIBC

Canada's housing market has peaked and is showing signs of bottoming out, but that may be a good thing, economists say.

The value of building permits issued by municipalities — a forerunner of construction activity — unexpectedly fell sharply in January by 5.1 per cent to $5.4 billion.

Most of the decline occurred in the non-residential sector, which fell for the third straight month to $1.7 billion, down 13.3 per cent.

Analysts are expecting soft news for housing this week with the release of Statistics Canada data on housing starts and new home prices, both expected to show a flat or declining trendline.

But economists say a downward adjustment is necessary because "it puts Canada's housing market on a more sustainable path," says Krishen Rangasamy, an analyst with CIBC World Markets. That means housing prices and affordability ratios that are in line with income growth, not above.

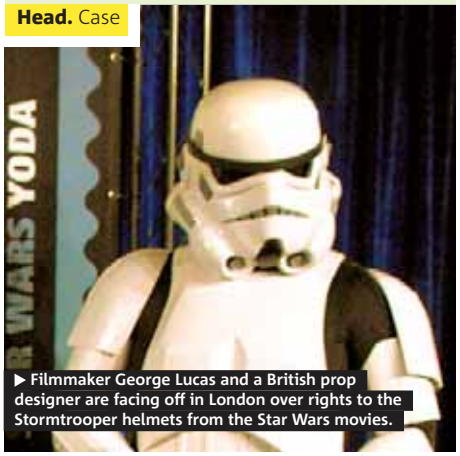
Housing growth began flattening last spring and has been mixed ever since. THE CANADIAN PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 160.42 (14,092.35)	– 0.12¢ (102.79¢ US)	+ $1.02 US ($105.44 US)	$3.927 US (+ 11.8¢ US)
			Gold contracts $1,434.50 US (+ $5.90 US)

Head. Case



▶ Filmmaker George Lucas and a British prop designer are facing off in London over rights to the Stormtrooper helmets from the Star Wars movies.

PETER KRAMER/THE ASSOCIATED PRESS

Lucasfilm strikes back

The British High Court in London will rule this week on whether U.S. copyright on three-dimensional works can be enforced in England. The case arose when designer Andrew Ainsworth, who sculpted the galactic headwear for the original Star Wars movie in 1977, began selling replica costumes over the Internet. He was sued for copyright infringement by Lucasfilm Ltd.

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2 scene

Scene in brief

Justin Bieber is getting a pair of his shoes enshrined at the Bata Shoe Museum in Toronto.

The Stratford, Ont., native's shoes will be on display in the museum's main space next week, during March Break.

After that, the 17-year-old pop star's shoes will be exhibited in the celebrity gallery, alongside footwear from other Juno Award-winners.

THE CANADIAN PRESS

Is too much Sheen harmful — for Sheen? Critics and psychologists weigh in. Scan or visit metronews.ca for story.

Eckhart stays true to the marine spirit

Battle: Los Angeles star took the U.S. marine's motto Semper Fidelis (always faithful) to heart, as he never broke character during shooting of the movie even after breaking his arm

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

▶ Aaron Eckhart stars as U.S. marine Staff Sgt. Michael Nantz in the alien invasion film Battle: Los Angeles, which opens this Friday.

Battle: Los Angeles may seem like a big-budget popcorn movie, but star Aaron Eckhart wasn't about to approach it that way.

"If I'm going to do a sci-fi movie, I want it to be real," Eckhart says. "I want it to be believable, like documentary filmmaking. I want you to think you're at war. And I thought the only way to do that was to be in character."

He's not exaggerating. According to Eckhart — and corroborated by his co-stars — the Dark Knight and Thank You for Smoking star stayed in character as U.S. marine Staff Sgt. Michael Nantz throughout filming. "For example, I broke my arm making the movie and didn't stop filming, and didn't tell those guys," he says. "Never gave them an excuse to wimp out, to cry, because that's not what marines do."

Eckhart admits such an intense working style isn't for everyone — and didn't win him a ton of friends.

"These guys probably hated my guts because I was in character all the time, 100 per cent," he says. "I gave everything to this movie — probably to my social detriment. But I didn't care about that. All I cared about was this movie. It meant so much to me." It's a working style that he prefers. "If I can, I'd always stay in character. It's just easier that way. That doesn't mean you can't laugh and have good times, because every character has all those facets of his personality."

Eckhart even kept at it during the film's pre-shoot boot camp. "I didn't let them get too close to me, and I busted them down," he says of his young co-stars. "I put them through their paces and made them hurt."

Now that Eckhart has had a taste of big-budget popcorn fun, is he ready for more? "No, no. But I would like to make a sequel to this movie," he says.

Still, Eckhart might be taking a break from smaller films like Rabbit Hole and Love Happens for the time-being, thanks to his Battle: Los Angeles experience.

"I'd like to make a western, that would be good," he says. "You know, a hardcore western like this, where it's real real. Anything where it's real. I wish I had been in Black Hawk Down, or Apocalypse Now. I don't want to be in wimpier movies."

DVD Releases this week

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Doc doesn't pull punches

Inside Job
Genre: Documentary
Director: Charles Ferguson
●●●●

The cost to date of the 2008 money meltdown is more than $20 trillion worldwide, with millions of people losing their jobs and homes. The end is still far from sight, but thanks to Charles Ferguson, a filmmaker and journalist par excellence, the beginning is now much more in focus.

Inside Job, the recent Oscar winner for Best Documentary Feature, is Ferguson's masterful account of the roots of this sorry affair. It names names, points fingers and takes no prisoners in its scathing dissection of what Ferguson persuasively calls "a completely avoidable crisis" — one sparked by the greed and malfeasance of financial cowboys and their stooges in politics and academia.

Where other films have played the Great Recession for bitter laughs (Michael Moore's Capitalism: A Love Story) or overripe drama (Oliver Stone's Wall Street 2: Money Never Sleeps), Inside Job approaches the topic as both a detective story and a history lesson.

PETER HOWELL

Morning Glory
Genre: Comedy
Director: Roger Michell
Stars: Rachel McAdams, Harrison Ford and Diane Keaton
●●½

It doesn't pay to have a good memory or high standards when appraising this fitfully amusing broadcast satire that unfortunately invites comparisons to sharper times and pens. Morning Glory can only approximate those successes — even though Rachel McAdams would make an excellent Mary Richards, Harrison Ford a decent Lou Grant and Diane Keaton an intriguing hybrid of Ted Baxter and Sue Ann Nivens. PETER HOWELL

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Sheen gets the axe

Embattled actor fired from Two and a Half Men

Charlie Sheen was fired yesterday from Two and a Half Men by Warner Bros. Television following repeated misbehaviour and weeks of the actor's angry, often-manic media campaign against his studio bosses.

The action was taken after "careful consideration" and is effective immediately, the studio said in a statement. No decision has been made on the show's future without its star, said Paul McGuire, a Warner spokesman.

The actor, who has used TV, radio and social media to create a big megaphone for himself, was not silent for long.

In a text to The Associated Press, Sheen responded, with the F-word and "They lose," followed by the word "Trolls."

Asked if he planned to sue, Sheen texted back, "Big." As for his next move, Sheen texted, "A big one."

THE ASSOCIATED PRESS

Michael dumped by partner: Report

PAUL KANE/GETTY IMAGES

▶ George Michael

George Michael's troubles never end.

The 47-year-old former Wham! singer, who's been convicted of drunk driving more than a few times, and has called himself "the poster boy for cannabis," has been left by his longtime boyfriend, Kenny Goss, 51, according to the U.K.'s The Sun.

"The writing has been on the wall for some time," a source told the newspaper.

"There are only so many second chances Kenny was prepared to give. He's been loyal to George from Day 1, but that hasn't always been reciprocated." METRO

Celebrity tweets

Rihanna [@rihanna] Sydney, u rock so hard! SO much FUN 2nt...U wore me out!! Now I gotta muster up some energy 2 go flash my tits for beads.

Adam Levine [@adamlevine] This new song of ours is insane. Bananas. Gangbusters. Ghost Busters

Conan O'Brien [@ConanOBrien] If Charlie Sheen follows me, I win. **(Update)** It's official:@charliesheen is following me on Twitter, so I win. Charlie, I'm sending over a van to collect the goddesses. METRO

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3 life

Quoted

"If I had stayed in South Africa, I'd probably have become a victim, too. Everybody can, and so can their mother and sister. But that's not the reason I'm involved ... I just feel very strongly about my country's rape crisis."

ACTRESS AND UN AMBASSADOR CHARLIZE THERON ON RAPE IN HER HOMELAND AND HOW MORE ATTENTION NEEDS TO BE PAID TO STOPPING THE CRISIS

"When I see rape victims proud and happy again I know that my work matters."

Scan this code to learn about a group called The Elders which is trying to stop child marriages.

Equality fight not over for Canadians

Women of Canada have made large strides and great accomplishments, but gender differences are still 'huge' Equal wages, sexual violence and the glass ceiling still problems

International Women's Day

As we mark International Women's Day, it's only natural the names of our own female heroes spring to mind.

First big shout should go out to Canada's eternal feminist: Manitoba's Nellie McClung fought hard to enshrine women, getting them legally recognized in 1929 as "persons," an elevation in status that meant women gained rights similar to those of men.

The battle's not over though. Even some 80 years later, things are far from 50-50, according to University of British Columbia professor Mary Bryson. A wide gender gap still exists with respect to wages, the representation of women in board rooms and with women being the predominant victims of sexual violence, she says.

"Many Canadians feel we've eradicated gender difference and that's far from the case," says Bryson, who teaches gender and sexuality studies. "The differences are still huge."

▶ Nancy Greene, who won a gold and silver medal at the 1968 Winter Olympics, seen here as part of the 2010 Olympic torch relay is just one of many great Canadian women.

THE CANADIAN PRESS

▶ Nellie McClung

Of course, it's vital that we continue to wave the equality banner, says Bryson, and salute those female champions who paved the road before us. Here are a few:

- Agnes Macphail, first woman to sit in the House of Commons.
- Senator Anne Cools, the first person of colour appointed to the Canadian Senate (1984).
- Pauline Johnson, first native poet to have her work published.
- Nancy Greene, champion alpine skier.
- Dr. Elizabeth Bagshaw, one of Canada's first doctors and women's health advocates.
- Lucy Maud Montgomery, author of Anne of Green Gables.
- Kenojuak Ashevak, pioneer of modern Inuit art.
- Michaëlle Jean, Canadian journalist and 27th Governor General of Canada.
- Roberta Bondar, first Canadian woman in space.
- Sue Johanson, sex educator. THE CANADIAN PRESS

60 seconds

▶ To learn more about Sophie Grégoire-Trudeau's work with Because I am a Girl, or to see how you can participate, visit plancanada.ca/Get-girls-involved.

SOPHIE GRÉGOIRE-TRUDEAU

"THERE'S STILL WORK TO DO"

The eTalk reporter has teamed up with Plan Canada's Because I am a Girl campaign to raise awareness about female issues both here and around the globe.

What does this particular cause mean to you?

When you look at the most disadvantaged people, the poorest people on this planet, you're looking at women and children. Anything that has to do with women's causes is close to my heart, so when Because I'm a Girl came to me, it was just a total fit. I thought the work they were doing was incredible, not only on an international level, but how they're reaching out to millions of girls here in our own country.

If you could change one thing about the state of women and girls around the world, what would it be?

I would say, equality and justice. It's difficult to believe that women are still violated, humiliated, forced into sex trades, beaten, burned with acid for one single reason: because they're women. It gives me a heartache and it's absolutely unacceptable.

What do you see as Canada's unique role in the betterment of women's lives?

There's still work to do, but we're so blessed here. When we have the means to become agents of change — and I truly believe that it takes one person to start a contagious cycle of help and positive energy — I believe that here we have everything we can use to extend the help, to extend awareness.

Where do we still fall short?

Still on the wages (in the workplace). If you read the studies we're still not there. Aboriginal issues here are also huge for women. It's going to be a continuing battle, but I do think there is hope and that hope is in young girls and boys.

You've had your own struggles with bulimia as a young girl. How did you overcome them?

Sometimes I think back and in a way, because I suffered from that mental disorder, it is who I am today. And because of that I got to reach out and be in contact with hundreds and thousands of young people, and because of that, I'm able to do work on this wonderful campaign today.

You have a young daughter now. What can you take from your experience to try to make sure she doesn't go through the same ordeal?

The only way that I can assure myself is just being myself, and serving as an example and role model for my children by the actions that I take and the words that I share.

JORDANA DIVON

Top jobs still elude women

As the world marks the 100th anniversary of International Women's Day next week, a study suggests few Canadian women hold the reins of power at big companies.

The 2010 Catalyst Census looked at women senior officers at the Financial Post 500 companies. It found women's advancement into the executive suite has been a crawl, rather than a gallop, over the past couple of years. Researchers reported 17.7 per cent of women were senior officers at the FP500 companies as of June 1, up slightly from 16.9 per cent in 2008.

"The pace of change has been glacially slow, when we consider that women's representation in senior officer positions increased by less than one percentage point over two years," said Catalyst spokeswoman Deborah Gillis.

THE CANADIAN PRESS

Nature of things

Exercising outdoors linked to reducing stress levels

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK

▶ Active or inactive; which group are you in? Unfortunately, a majority of us are in the latter group. More than half of Canadian adults are considered inactive, according to ParticipACTION.

Just do it — outdoors.

Now that the weather is warming up, why not take your workout outside. Exercising in nature is super good for you, according to studies that are sprouting up all over the world.

"Nature-based exercise may provide a greater buffer against stress and an opportunity for contemplation in an overly distracted world," says Dr. Alan Logan (ND), who is currently writing a book on the topic.

"Compared to the treadmill, research shows exercise in the outdoors, particularly in green space, can provide a mental edge. Studies have found lower levels of the stress hormone cortisol, an increase in positive thoughts and overall feelings of rejuvenation in favour of outdoor exercise," says Logan, who trained as a naturopath in Toronto and now lives in Connecticut.

The latest study to hit medical journals is from the United Kingdom. Reviewers at the Peninsula College of Medicine and Dentistry at the University of Exeter collected data from 11 trials involving 833 people.

They assessed how subjects felt after exercising indoors versus outdoors.

They concluded that exercising in nature gave people a greater feeling of revitalization and positive energy, as well as decreases in tension, confusion, anger and depression.

Their review was published in the journal Environmental Science and Technology on Feb. 4, 2011.

Studies in Japan have also found benefits of exercising outside in green spaces.

Trees emit chemicals called phytoncides, which act as de-stressors and lower blood pressure most than those who went to a city for the day.

Walking

Walkers weigh less than sedentary people.

Study A recent five-year study in Australia has found that people who walked more were not only likely to have a lower BMI, but were also at lower risk for developing Type 2 diabetes.

Thoughts on... self renewal

ADVICE. Due to our busy lives we often avoid scheduling blocks of planned fun or down time. It's hard to think clearly and function productively in the midst of a whirlwind of activity.

Once in a while, we just have to break the routine. Self-renewal and constructive rest is a necessity, not a luxury.

Take time out for regular self renewal retreats, a time to be quiet, to think and relax (without the constant interference of TV, telephone, Internet), and engage in activities that help to reset your inner rhythms. Most of us live by rhythms that are not our own. To reconnect and restore the natural ebb and flow of your being results in a greater sense of happiness and wellbeing.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Detox season begins

DAILY SQUEEZE

DR. ODESSA GILL
DR. GILL IS A NATUROPATHIC DOCTOR AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Patients ask me all the time whether they should undergo a detox. My easy answer is yes.

Today, more than ever, we are exposed to thousands of toxins in our environment. Here are my Top 2 tips for safe and effective detoxification.

Clean up your diet

Try keeping a journal for a week to get an accurate sense of what you're eating. If your diet includes processed foods chances are you feel lethargic by mid-afternoon, short on brain-power and struggle to lose weight.

Keep hydrated

Water is absolutely essential for cleansing, so if you are not a habitual water drinker, drink 1.5 to two litres daily. To boost alkalinity and cleansing, try adding squeezed lemon. Keep in mind coffee and black teas are diuretics.

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At last: Real pizza has arrived in Vancouver

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Margherita Pizza from Nicli Antica.

LUNCH RUSH

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FOOD@METRONEWS.CA

The entrance's blazing red Pizzeria sign evoked images of ambulance lights — the connection was more symbolic than visual.

As an emergency vehicle would bring oxygen to revive patients, Bill McCaig, owner of Nicli Antica Pizzeria, has brought authentic pizza to Vancouver.

Ninety seconds is how long it takes to cook real pizza — and by real, I mean "Napolitana Certified." McCaig's pizza crusts are so thin they make typical Vancouver thin crust versions look thick.

Needless to say, my Margherita ($12) was wonderfully simple, topped with fresh, house made tomato sauce (made from San Marzano tomatoes), fior di latte (fresh mozzarella), Parmigiano and three fresh basil leaves. Gently pooled on the lightweight delicacy was a perfect amount of unseasoned extra virgin olive oil.

Also noteworthy was my Insalata Mista ($7) comprising an entire head of roasted garlic, roasted tomatoes (both from the Acunto wood-fired oven), shaved fennel and roasted garlic vinaigrette.

Nicli Antica Pizzeria
62 East Cordova
604-669-6985
nicli-antica-pizzeria.ca
Take-out: Yes
Rating: 4 out of 5

CANADIAN PRESS HO

Mulled Cranberry Tea

EMILY RICHARDS
FOOD@METRONEWS. CA

Crock-Pot.com recommends using your slow cooker to simmer this delicious, nutritious and warming beverage.

Preparation:

1. In slow cooker crock pot combine juice, water, tea bags, cranberries, if using, sugar, lemon, cloves and cinnamon sticks. Cover and cook on low for 3 to 5 hours.
2. Ladle into mugs and garnish with lemon slices and cinnamon sticks.

THE CANADIAN PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 6 cups (1.5 L) cranberry juice
- 1 cup (250 mL) boiling water
- 2 tea bags
- 1/2 cup (125 mL) dried cranberries (optional)
- 1/3 cup (75 mL) sugar
- 1 large lemon, cut into 1/4-inch (5 mm) slices
- 6 whole cloves
- 4 cinnamon sticks
- Thin lemon slices and cinnamon sticks

Filling the diet book gap

Rocco DiSpirito's new book transforms comfort food into healthy eats

GETTY IMAGES

Celeb chef Rocco DiSpirito.

Celebrity chef Rocco DiSpirito wants to turn a collection of healthy recipes into a lifestyle, and he wants people to feel bad about it.

The key to transforming comfort food into healthy fare is cutting calories while retaining the "sinful" feeling that comes from eating rich foods, he said.

"Fried chicken needs to feel bad. You need to crunch through that outer coating, you need to feel like you're committing a sin," he said, describing a recipe that involves poaching chicken until it's almost cooked, then flash frying it so that it absorbs just a tenth of the oil of the regular approach.

His new cookbook, Now Eat This! Diet is a follow-up to his bestselling Now Eat This! cookbook.

The new book combines a diet plan and recipes with shopping lists, menus and exercise advice, and though it joins countless other diet books on store shelves, DiSpirito said his offers a new approach.

"I think the professional chef who has a particular focus on flavour has been missing" from the diet book industry, he said.

DiSpirito said he thinks more people are turning to celeb chefs for guidance in healthy eating.

"We're the gateway to information on entertaining, cooking, food and wine, and living large," he said. "We represent a lot of things. Now we're becoming a resource for healthy eating. We all got old; some of us got healthy."

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Their story:

▶ Kimberley & Faron

I (Kimberley) was working at a paint store as a colour consultant, and Faron came in asking about colours.

When I went to his house to help him pick his palette, he picked me up!

I must have turned down lunch, dinner and drinks at least five times, but he kept showing up at my work every day with coffees for me and my staff. I finally agreed to go out with him, and nine months later we moved into the house that we had designed together.

Somehow, all of my stuff fit perfectly. Coincidence? I don't think so!"

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ANGELA PACIENZA & DEREK CHEZZI

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I've been married for more than a year and I kept my last name. My mother-in-law keeps dropping subtle comments about a name change. I'm only worried this will get worse once we decide to have children. What can I do?

Angela says ...

I kept my last name too and have been surprised at how many people just assumed I'd changed it. It's a personal choice. Do what feels right to you and your beloved. Maybe your mother-in-law is questioning your commitment to her family?

Derek says...

Sometimes in life you simply have to ignore other people. This is one of those times.

Now's the time to CARE for women's rights

International Women's Day

With this year marking the 100th anniversary of International Women's Day, it's a nice time to reflect on the current state of gender equality.

Over the past century, women have overcome many challenges to achieve political, economic and social advance. Yet, there are still places where a person's gender affects their chances of reaching their full potential.

"The advancement women have made over the past 100 years is inspirational," said Kevin McCort, president and CEO of CARE Canada.

"But let us not be complacent — the challenges women and men face today in reaching true gender equality should not take another 100 years to overcome."

CARE works directly with women and men around the world who struggle daily against the underlying social, cultural and political drivers of sexual violence and gender inequality.

"Canada should be a leader in supporting UN Women, the new UN institutions dedicated to the advancement of women" said Louise Fréchette, former deputy secretary general of the UN and CARE Canada Board Director.

"We need clear, decisive and urgent action. There is too much at stake."

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Teach the toddlers well

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Financial literacy is the flavour of the month. The federal government's task force on the subject recently released a report full of common sense recommendations. But, so far, there is little money on the table for action.

Fortunately, one bank is ahead of the implementation game. Last week BMO launched a website to help parents raise financially literate children. Called SmartSteps for Parents (bmo.com/smartparents), it's chock-a-block with tips, tools and techniques to engage kids, answer parental questions and even entertain with a series of reality-style webisodes showing real families dealing with money dilemmas.

Disclosure: I am consulting expert to the initiative. Allying myself with a financial services firm is something I've avoided because my job is to analyze and inform, which can conflict with the business of money.

But I've always been an advocate for financial literacy. The lack of it among the young is one of the most serious issues facing our nation. So, I was delighted when BMO asked me to consult on SmartSteps for Parents.

On the site I'm teamed with psychotherapist and parenting expert Alyson Schafer, author of many best selling books. Schafer's straightforward advice provides plenty of outside-the-box ideas for parents.

What I particularly like about the site is its practicality. Rather than a lot of theories, the focus is on a step-by-step approach to foster financial know-how. The articles, interactive tools and games address key money issues for separate age groups ranging from ages five to 15. You'll also find:

Expert Blogs: Parents can interact with myself, Alyson Schafer and other parents who are often a valuable source of information.

The Zone: A place where tweens and teens can engage in activities including online games.

Web Series: See real parents relate their own experiences teaching their children the basics of money. Schafer and I provide commentary and tips.

Check out the website. I'd love your feedback, which I'll pass on to improve the site as it grows.

ISTOCK

▶ Many young Canadians today are growing up with a minimal understanding of finance, which may lead to serious issues in the future.

Money matters

- 54% of parents have talked with their children about household finances.
- 37% of parents aren't sure if their children have a grasp of money management basics.

Source: Leger Marketing

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

TOP TAX QUESTIONS

If you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. If you don't know how, hire someone. Better yet, hire a professional to ensure you're filing correctly and capturing all relevant taxable activities and tax-saving opportunities.

What if I'm missing a form? By law your tax forms, which are generated by your employer, bank or another issuing firm, must be filed with Canada Revenue Agency, so rest assured that your forms DO exist. You can request a replacement T4 or other tax slip by contacting the issuing agency.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law (for federal tax purposes, you're considered common-law after living together for 12 months) you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep ALL your receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error (or if a new tax slip arrives late), you can submit a T1 Adjustment to the CRA.

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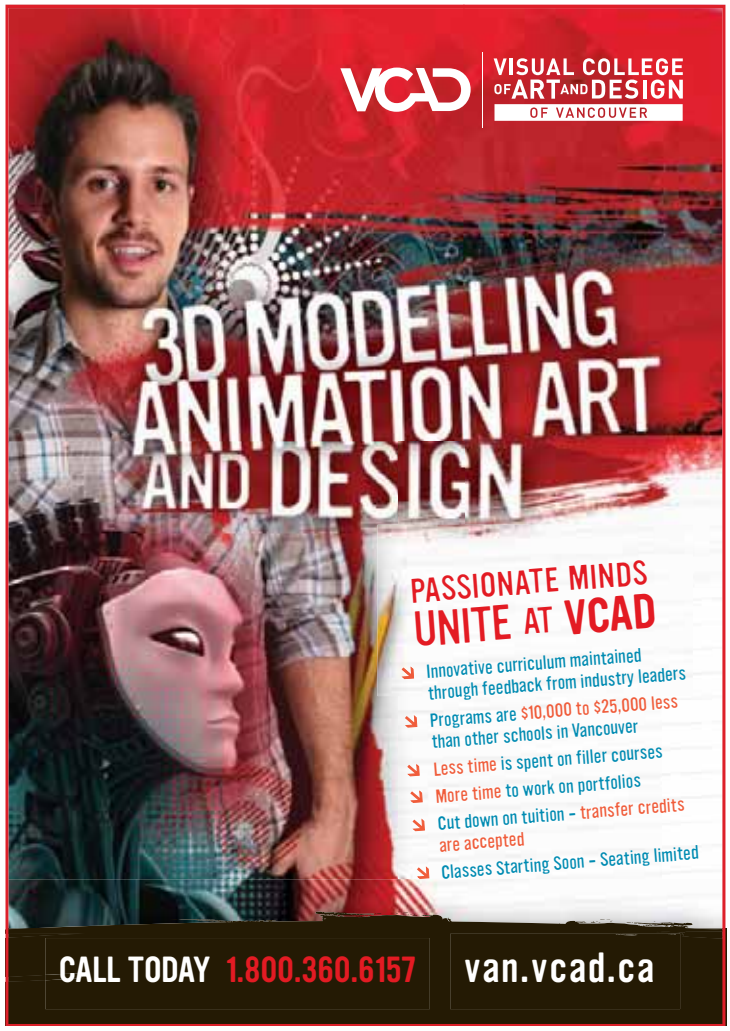
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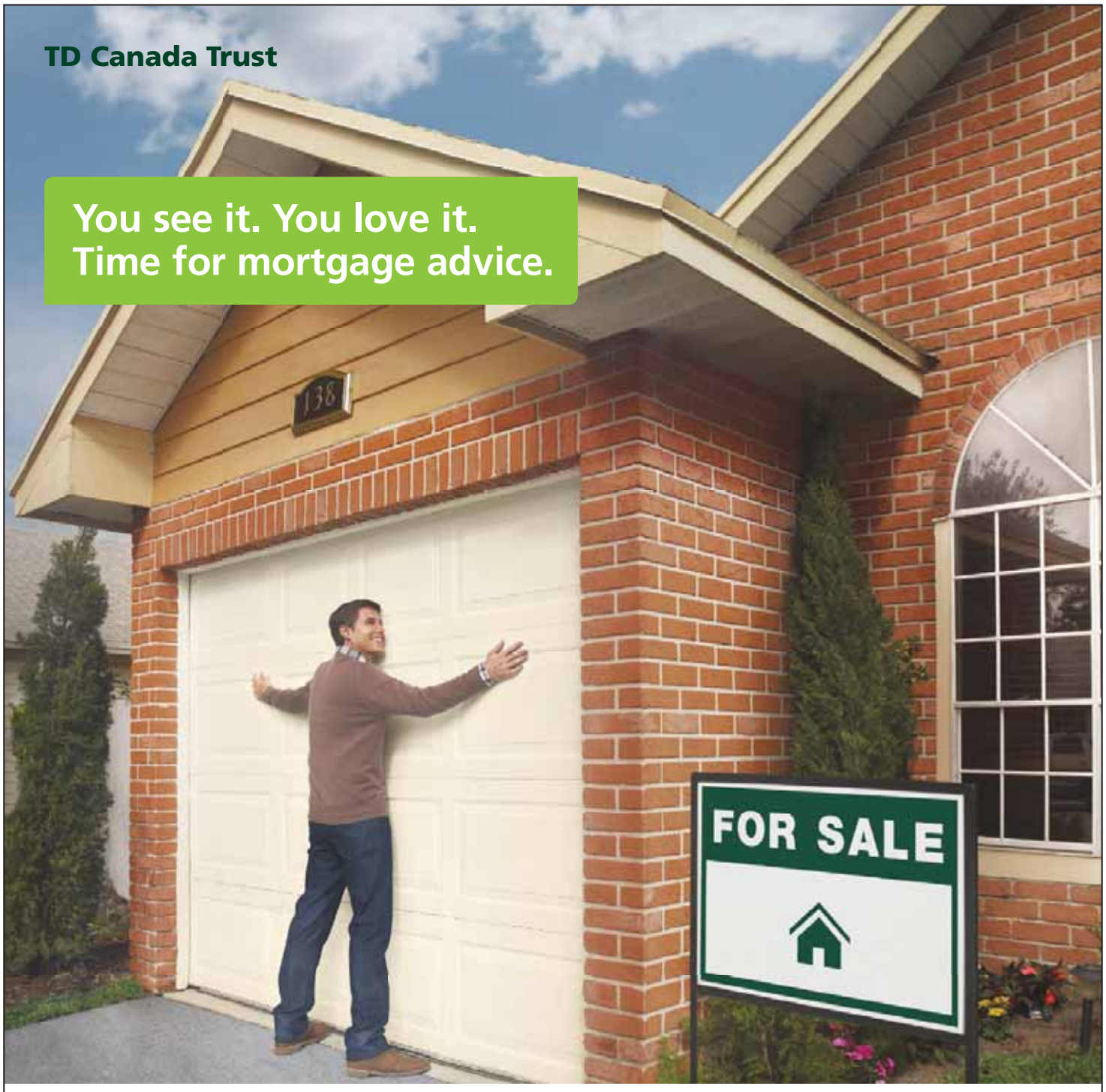

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How would you like to pay for that?

A house lift or a facelift? Either way, how you pay depends on your financing personality

KELLY PUTTER
LIFE@METRONEWS.CA

ISTOCK

▶ For those who can't save, there are other kinds of piggy banks.

Whether you're eyeballing a facelift or a bathroom reno this spring, the type of loan you decide on is dependent on your own personal discipline level, says money expert Gail Vaz-Oxlade.

Highly disciplined people, she says, should use a line of credit because interest rates tend to be low and there's flexibility in paying it back. Poorly disciplined individuals who have trouble controlling their impulses would do better to take out a fixed personal loan because that can't be dithered with.

"Ultimately, how you finance anything comes down to how cheap you can get it and what's the kind of credit that's best suited to you," says the host of Slice TV shows 'Til Debt Do Us Part and Princess.

The thing about money, even investing, says Vaz-Oxlade, is we generally work hard at making it way more complicated than it should be.

"When we talk about financial illiteracy in Canada, it exists because we keep throwing crap at them," says the book author and columnist. "They can't wade through all the crap to make a decision. Give people three steps and they're happy with that. Don't over complicate it."

Equity in your home is a good place to start if you're looking at borrowing more than $10,000, says Lev Keselman, a senior mortgage consultant with Verico Paragon Mortgage Group in Vancouver.

If a tummy tuck beckons, though, Keselman recommends getting an unsecured line of credit from the bank because "it's not even worth it to touch your home equity for that." The reason? Legal and appraisal fees will set you back about $1,000.

A unique borrowing method that few Canadians think of but should is their life insurance policies, says Vancouver financial adviser Mimi Tang.

Of course, you can always find more inventive ways to scrounge up the cash. Pat, who was living in Bloomfield, Ont., at the time, was in her '60s when she decided to sell her dining room furniture to finance a facelift.

"If you're going to have a facelift and you need the money, that would be the thing to do," says Vaz-Oxlade.

I'll buy that

Type of purchase: Renovate outdoors

Type of credit: Line of credit

Why: A line of credit will always be there so once you've paid for the new swimming pool you can access funds for a gazebo and once you've paid that off you can add a winding path through lush gardens and so on and so on.

Loan me?

Type of purchase: Exotic vacation to Turtle Island

Type of credit: Get a personal loan

Why: You've proven you don't really have the discipline to save for it by needing a loan in the first place, so a fixed-rate personal loan is best for you because clearly you need some control and restraint to help pay it off.

Charge it

Type of purchase: Laptop or personal computer

Type of credit: Credit card

Why: Find a card that has insurance that protects items that are lost or stolen and extends the warranty for an additional 12 months. This eliminates the need for buying additional warranties and insurance.

Line of credit, bank loan or credit card?

ALEX NEWMAN
LIFE@METRONEWS.CA

Being cautious while spending money may sound like a contradiction in terms, but financial advisers are the first to recommend this for guilt-free shopping.

Karin Mizgala, CEO of Money Coaches Canada, a national network of financial professionals, has never been an advocate of borrowing, preferring to set aside funds for clothing, travel or car repairs in advance.

But Mizgala also realizes that there are things such as a home, car or major renovation that leave no other option.

If you must borrow, make sure to shop around for the best interest rates.

Wolfgang Klein, senior investment adviser and vice-president at Toronto based Canaccord, says secured credit lines offer the best rates, but require an asset such as a house. An unsecured line of credit, on the other hand, only requires a good personal credit rating though the rate is a little higher.

Next best is a bank loan with a fixed lending period and payment amount, and is customarily used for cars, boats, special holidays, home renovations. You can also borrow to invest in RRSPs, though Mizgala doesn't advocate this unless "you're financially very savvy, have maxed out your RRSPs, and have your home paid off." If the interest rates rise, and your stocks don't do so well, you'll end up with a negative balance.

When it comes to mortgages — which you need — Mizgala recommends sticking with a term of 25 years or less. The difference in monthly payments isn't significant, but you're paying a lot longer.

Credit cards are a last option. While convenient for larger purchases like a computer, you'll get on a debt cycle if you don't pay the balance each month. The other proven danger with credit cards is that you end up spending 30 to 40 per cent more than with cash. Another similar trap to watch out for, Mizgala adds, is "buy now, pay later because you always think you'll be in a better position to pay it later."

But there's something that should be done before you head out to your nearest bank to load up on cash. "Think about your relationship to money, and we all have one," says financial therapist Amanda Mills of Loose Change, Toronto, who counsels people in understanding their money behaviour and their debt. Too often, Mills says, money is "driving the car, instead of being harnessed to accomplish what you really want with your life."

ISTOCK

▶ Paying on credit when you don't have the cash can cause problems down the road, but new rules take the sting out of hefty interest rates.

it comes to credit cards

◗ New rules may help with the weight of credit card payments ◗ Feds warn the elderly are at greater risk of becoming victims of fraud

GILDA SWARTZ
LIFE@METRONEWS.CA

New federal government regulations, set in place last fall, may take some sting out of your credit card bills — if you pay your balance in full and on time most months.

Before September 2010 you may have had only a 15-day interest-free grace period to pay your bill, if you paid it in full, before being charged any interest.

Now you have 21 days from the date of the last purchase on your bill.

If you had an outstanding balance from your previous bill, the bite was extra painful, since issuers could charge interest immediately on all your new purchases as well.

Now you won't have to pay interest on the new purchases on your bill, if you pay it in full when due.

There are exceptions: interest is charged right away on cash advances or cash-like transactions such as a money order.

Credit protection

Protect your credit card online.

- Install and update anti-virus and anti-spyware software.
- Do not respond to suspicious emails or websites requesting personal information; report them to your financial institution.
- Monitor card statements frequently.
- Change passwords regularly.
- Keep copies of card numbers and issuer phone numbers in a safe place to report them lost or stolen.

Borrow to get ahead. Really?

You may not have thought you could borrow to get ahead, but you can. By planning and taking small steps, you could pay your mortgage down faster, reduce your debt sooner, and save on what you owe. All of which can help make your long-term goals more achievable.

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Caps look for scoring, veteran leadership

The Vancouver Whitecaps lineup for the team's first Major League Soccer season is coming into focus for coach Teitur Thordarson.

What has become clear for him is the team's need for more experience up front.

Thordarson is anxiously waiting the arrival this week of French striker Eric Hassli, who Vancouver signed Friday as the club's first designated player. It's hoped Hassli will bring a scoring touch the Whitecaps have lacked.

The Whitecaps used a young lineup to defeat the Seattle Sounders 3-2 Sunday in an exhibition game in Tukwila, Wash. Vancouver and the Portland Timbers, the other MLS expansion team this year, tied 1-1 on Saturday.

Scoring has been a challenge for the Whitecaps as they prepare for their March 19 opening game against rival Toronto FC at Empire Field.

In eight exhibition games against MLS opponents Vancouver has three wins, four losses and a tie. During those matches, the Whitecaps were outscored 8-11.

Midfielder-forward Atiba Harris, who Vancouver claimed from Dallas in the expansion draft in November, has been the team's only experienced attacker.

"The rest are young kids, players who have never been on this level before," said Thordarson. "It is normal that they need a bit of time to adjust to that."

One player who stood out on the weekend was Omar Salgado, the 17-year-old forward from El Paso, Texas, who Vancouver selected first overall in the MLS SuperDraft.

Salgado's promise is balanced by his age. It's questionable how a teenager will fair against grown men during a long, grinding professional schedule.

Salgado probably won't play for Vancouver until he turns 18 on Sept. 10. FIFA rules prevent players from transferring to clubs outside their country until their 18th birthday.

THE CANADIAN PRESS

"He shows some very interesting qualities. He has been a good surprise."

WHITECAPS COACH TEITUR THORDARSON ON TOP DRAFT PICK OMAR SALGADO

Martin solved by Gushue

'It has to come an end at some point and 30 is a nice round number,' Alberta skip says ● Manitoba remains only unbeaten team at Brier

DAVE CHIDLEY/ THE CANADIAN PRESS

▶ Newfoundland and Labrador skip Brad Gushue throws a rock in a Draw 6 match against Saskatchewan at the Brier in London, Ont., yesterday.

Alberta skip Kevin Martin's record 30-game winning streak at the Tim Hortons Brier is over.

And it was a fellow Olympic gold medallist who ended it.

Brad Gushue of Newfoundland and Labrador defeated Martin 9-4 at the John Labatt Centre last night. Gushue scored three points in the eighth end and Alberta conceded the game.

"If we're going to go out, we might as well go out quick," Martin said with a laugh.

Gushue won gold at the 2006 Olympic Games in Turin while Martin won the Olympic title last year in Vancouver. Martin ran the table during his last two Brier appearances in 2008 and 2009.

"They've been winning everything and sometimes it feels like you're fighting for second place at times," Gushue said. "But we're here to win this week and hopefully we can step it up even another notch from where we were today."

Martin gave credit to Gushue, who is looking for his first Brier victory.

"If somebody curls better than us — and they did — it's OK to lose," Martin said. "I've always said that."

Manitoba's Jeff Stoughton is on top of the standings at 5-0 after eight draws of round-robin play. Gushue moved into a tie with Martin and Ontario's Glenn Howard, a 12-4 winner over Quebec, at 4-1. Stoughton beat Brad Jacobs of Northern Ontario 8-4 in his only game of the day.

"We're just having a good time out there and soaking it all up," Stoughton said. "But we feel good, we feel that when we go out on the ice that we're going to win

"It's a really good feeling."

In the other late games, Jacobs bounced back with a 7-5 win over Jim Cotter of B.C., while Nova Scotia's Shawn Adams edged Steve Laycock of Saskatchewan 7-6.

There's a six-way tie for fifth place. Saskatchewan, Northern Ontario, Nova Scotia, New Brunswick, Quebec and Northwest Territories/Yukon are at 2-3. British Columbia is next at 1-4 and Prince Edward Island is last at 0-5.

THE CANADIAN PRESS

Canadian women reach final

Canada continues to impress at the Cyprus Cup, defeating England 2-0 yesterday to advance to the final of the women's soccer tournament.

Captain Christine Sinclair and substitute Brittany Timko scored for the ninth-ranked Canadians, who improved to 3-0 at the tournament and 5-1 this year.

Canada has outscored its opposition 4-0 in Cyprus, all the more impressive considering the women have not played since the Four Nations Tournament in China in January.

Canada had needed a win or draw to advance to tomorrow's final.

THE CANADIAN PRESS

15th

Rank of the Dutch, who the Canadians will face in the final. The Netherlands finished atop Group A. England (1-2) is ranked 10th in the world.

PENG LI/GETTY IMAGES

▶ Christine Sinclair

4 sports

Canucks preview

Canucks at Coyotes
6 p.m.
TV: SNET-P
Radio: AM 1040

Vancouver (42-16-9) heads to Arizona after winning the first two of a five-game trip. They will be confident going into Phoenix — Vancouver shelled the Coyotes 6-0 during a February visit.

Phoenix (34-23-10) has a tenuous hold on a playoff spot in the crowded Western Conference. The Coyotes were sixth entering last night's games, two points ahead of eighth-place Los Angeles.

THE CANADIAN PRESS

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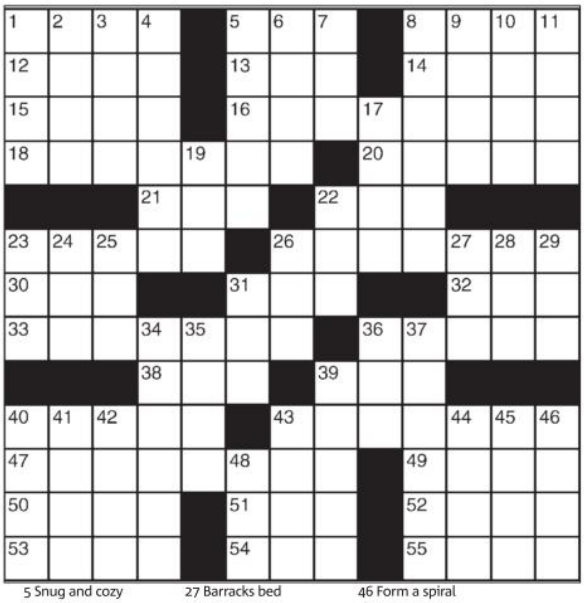

Across

1 Rock band, Motley —
5 Miler Sebastian
8 Sudden swerves
12 Stereo setup
13 Antique
14 And others (Lat.)
15 Enthusiastic, plus
16 Gushy love letter
18 Write quickly
20 Intended
21 Your
22 Explosive letters
23 Tremor
26 NYC-based TV game show
30 Illustrations
31 Formalwear, for short
32 Praise in verse
33 Attack with words
36 Parody
38 Hostel
39 Blower
40 Marshal Earp
43 Pound sign, on Twitter
47 1950 Kurosawa classic
49 Unbridled revelry
50 Sheltered
51 "Dancing With the Stars" network
52 Taleteller
53 Bosc or Bartlett
54 Plaything
55 Days gone by

Down

1 Neighbor of Sudan
2 Latvia's capital
3 Fleet from far away?
4 Skating figures
5 Snug and cozy
6 Minnesota's St. — College
7 Mag. staffers
8 Pinnacle
9 Teensy bit
10 Fence opening
11 Coaster
17 — Christian Andersen
19 Resistance unit
22 IRS' share
23 "My gal" of song
24 Historic time
25 "— Impossible"
26 Snip
27 Barracks bed
28 Fuss
29 26-Across host Bailey
31 Wine cask
34 Here
35 Not fooled by
36 — de deux
37 Wicked
39 Ornate
40 Cover a gift
41 New Haven school
42 On the briny
43 Vagrant
44 Small combo
45 Culture medium
46 Form a spiral
48 Wrestling surface

▶ Saturday's answer

Sudoku

			1			6		
4	5						8	
		6			9		1	
	3	5	2	7			6	
7								2
	6			9	8	7	4	
	1		7			5		
	2						7	3
		4			2			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	6	9	2	3	4	1	7
2	1	7	8	4	5	3	9	6
9	3	4	7	6	1	5	8	2
1	8	3	2	9	7	6	5	4
6	9	5	1	3	4	2	7	8
7	4	2	5	8	6	9	3	1
3	2	8	6	7	9	1	4	5
5	7	9	4	1	2	8	6	3
4	6	1	3	5	8	7	2	9

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Show some love! Send a note to somebody special at kiss@metronews.ca

Binko,
I love you with all my heart. I know things are hard right now, but together we can make it. We can have all our dreams come true. **LOVE BINKA**

Boo, I just want you to know how much I love you. We have been through a lot and it shows me how strong our love can be! Let's focus on the present! Love you always, **YOUR ONE AND ONLY!**

Miss Boombastic you're superfantantastic. FYI your hips NEVER lie... To one spunky Lady PANTYHOSE!!!!! **YOUR MAN OF THE MONTH. HC XOX**

Hola Mi Mariposa, I was a fool to let you go. You are the best thing to ever happen to me. I'm ready to give it another shot, if you'll have me. **WILL**

Today 7°/3° Showers 40%
Wednesday 8°/5° Rain 90%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may think that you don't have to try too hard, and maybe you don't. But don't leave many things to chance or the results may not be to your liking.

♉ Taurus April 21-May 21 Your confidence may be high but don't fall into the trap of thinking that nothing can possibly go wrong. This is a good day for making plans but you must be flexible. Plans can change.

♊ Gemini May 22-June 21 You are under no obligation to go out of your way to help people and anyone who tries to convince you that you owe him or her your time, or even your money, is not to be trusted. Real friends don't make such demands.

♋ Cancer June 22-July 22 There are events going on behind the scenes that you cannot possibly know about, so don't assume that things will work out as they always have. Be ready to watch and learn.

♌ Leo July 23-Aug.23 The more people say you can trust them today, the more you should be on your guard. It's unlikely they are trying to mislead you, but it's possible that they don't know what is really going on.

♍ Virgo Aug. 24- Sept. 22 Opportunity is about to come knocking and when it does, you must grab it with both hands. Having said that, one particular offer may look too good to be true, so listen to your sixth sense.

♎ Libra Sept. 23-Oct. 23 The more time and energy you have put into a project, the more reluctant you will be to give up on it. However, the planets indicate you've gone as far as you can with it. It's time to move on.

♏ Scorpio Oct. 24-Nov. 22 By all means kick up a bit of a fuss today, especially if someone you thought you could trust lets you down at the last moment. However, notice the words "a bit".

♐ Sagittarius Nov. 23-Dec. 21 Avoid the temptation to point out the holes in someone's plans because he or she won't take kindly to you being so negative. It's his or her life — and mistakes.

♑ Capricorn Dec. 22-Jan. 20 You do best when you have a plan of action that will get you from where you are to where you want to be by the quickest time and shortest route. Don't change that today.

♒ Aquarius Jan. 21-Feb. 18 There is a danger that you'll try too hard to make a good impression and turn people off. Be who you are and let fate take care of the rest. If it's meant to be, it will be.

♓ Pisces Feb. 19-March 20 You may be tempted to tell a friend what he or she wants to hear rather than what he or she needs to hear. Don't do it. It's best to get bad news over with quickly rather than letting it drag on. SALLY BROMPTON

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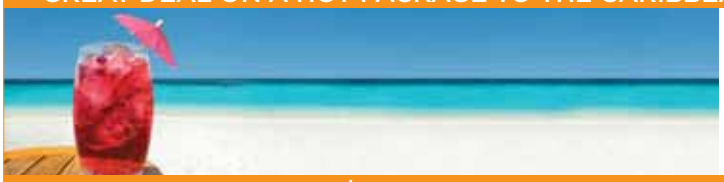

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